

It was found that dogs help people control stress better than expected

Dozens of studies conducted over the past 40 years show that dogs help people feel more relaxed. This explains why these animals are becoming more and more popular. In addition, scientists have found that dog owners have a 24% lower probability of death, and the chances of living at least a year after a heart attack are four times higher.

A number of studies showed that people who have fallen in a stressful situation have a cortisol level (stress hormone) lower if they are in the company of dogs than if they are sitting alone or even with a friend.

About 40 dog owners took part in the new study. People accidentally were told either to take dogs with them to the laboratory, or leave at home. As expected, the people next to whom was a dog had a lower level of cortisol. In addition, those who were with pets had a pronounced surge of alpha amylase, and in people without pets this reaction was almost absent.



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In fact, the low level of alpha-amylase may indicate violations of the regulation of stress reaction. Often this occurs in people who are in severe stress, chronic stress, or testimatic stressful disorder.

In people with dogs, the reaction turned out to be more balanced: their cortisol level did not rise sharply, but alpha amylase was activated. This means that throughout the test they were vigilant and active, and then for 45 minutes they were able to return to normal. It turns out that dogs support us in a healthy zone of stress reaction.

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